ayurveda 360

Ayurveda's Complete Monsoon Health Guide

# Why Do We Fall Sick More During Monsoon?

# What actually happens...

## Agni Dosha weakenes

**Leads to poor digestion, bloating, toxin accumulation (ama)**

## Vata Dosha aggravates

**Causes dryness, cold, heaviness, body pain, restlessness**

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# Result??...

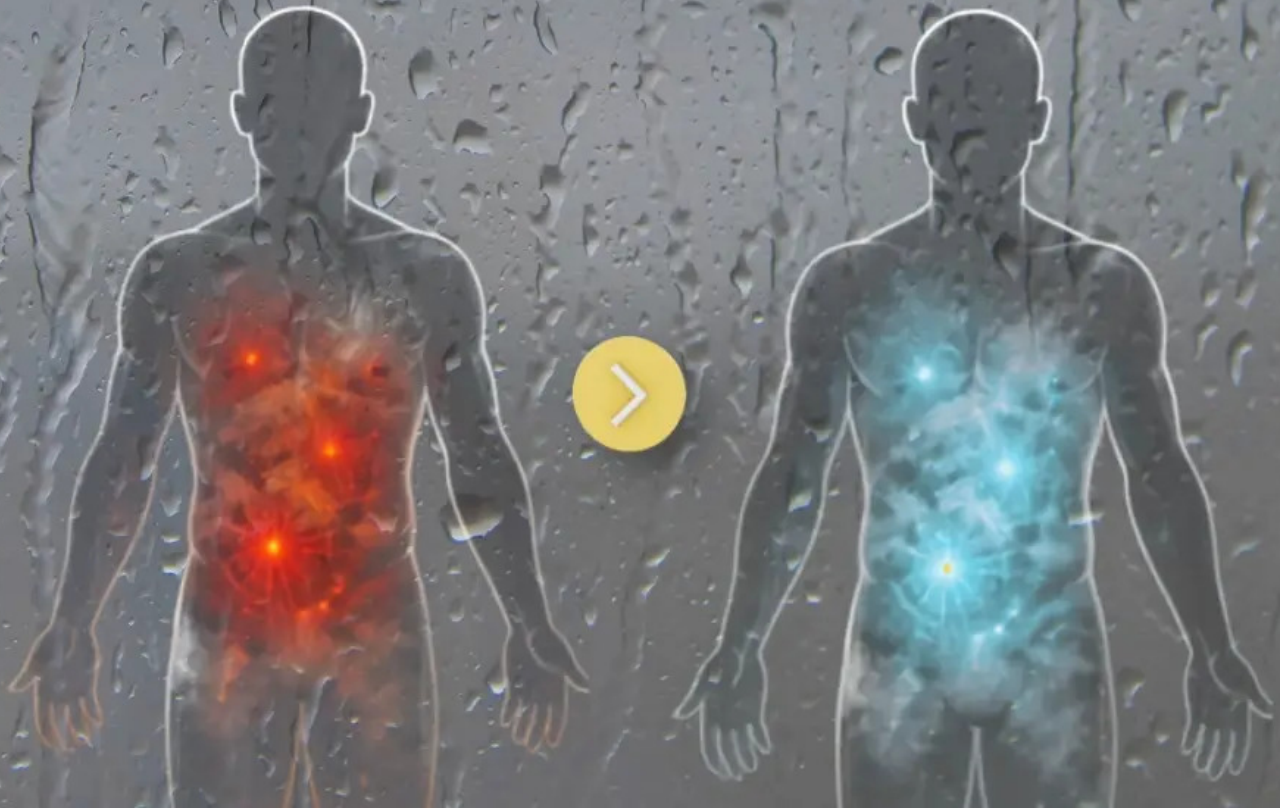
Body becomes more prone to **illness, infections & seasonal disorders.**

**Cold & Cough**

**Body Pain & Stiffness**

**Indigestion & Bloating**

**Skin Allergies**



# What is Varsha Ritucharya?

*Ayurveda's seasonal guide to staying healthy during the monsoon.*

## DO's

- ✅ Warm, Freshly Cooked Meals
- ✅ Ginger, Jeera, Ajwain, Turmeric & Hing
- ✅ Warm Water, Soups & Herbal Teas
- ✅ Ghee In Moderation

## DONT's

- 🚫 Refrigerated Food
- 🚫 Curd & Cold Drinks
- 🚫 Raw Salads & Excess Raw Fruits
- 🚫 Oily, fried & stale foods

*Avoid OverEating*

# Monsoon Therapies

## Udvartana
Reduces heaviness & supports healthy skin.

## Abhyanga + Swedana
Relieves pain, stiffness & improves circulation.

## Basti
Best for balancing Vata, joint pain & constipation.

## Nasya
Supports sinus health, breathing & immunity.

## Virechana
Supports detox, digestion & skin health.

## Agni Deepana
Strengthens digestion & helps remove Ama (toxins).

# Benefits

Better digestion
& metabolism

Reduced joint
and muscle pain

Stronger
immunity

Improved
skin health

Increased
energy & vitality

Seasonal disease
prevention

This Monsoon
Embrace “Varsha Ritucharya”
Simple seasonal practices. Lifelong wellness.